



ONE MONTH to clear your
HOME, MIND & SCHEDULE

RUTH SOUKUP

31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule

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Is Your STUFF Controlling Your Life?

Ruth Soukup knows all too well how stressful it can be to have a home packed to the gills, with an overbooked schedule to match. After years of overspending left her wallet painfully empty and her home painfully full, she realized it was time for a massive change. She began clearing her life—and her home—of clutter, one small step at a time.

Now, over the course of thirty-one simple but powerful daily challenges she is sharing exactly how you can do it too. *31 Days to a Clutter Free Life* will empower and inspire you to clear your life of the clutter that is filling up your home, mind, and schedule, once and for all.

Over the course of this one-month challenge, you can: Eliminate clutter in all areas of your home and instead create functional spaces for all of your family's many activities. Replace chaotic counters and overstuffed cupboards with a calming kitchen that makes cooking a joy. Overcome the destructive cycle of always needing more by paring down belongings to those you truly love. Stop overcommitting and instead learn to say no without guilt. Reduce stress in your home and family by clearing out the excess stuff that takes up so much of your time and energy. Create practical and functional storage solutions for every room in your home. Develop a working control center that keeps your entire family organized and on track. Learn the four simple strategies to staying clutter free forever. What if, one month from today, your life could be different?

At any given time, most of us are stressed out with homes and schedules that feel chaotic and out of control. It is easy to be overwhelmed with the vast quantities of stuff that comes pouring into our homes, from trinkets and paperwork to endless obligations and activities. Wouldn't it be nice to finally have a step-by-step guide to ridding our life of clutter, and instead creating an oasis of calm and order?

Simple Daily Assignments

Over the course of thirty-one simple but powerful daily challenges, this book will empower, enable, and inspire you to clear life of the clutter that is filling up you home, mind, and schedule

Join the Clutter Free Challenge

Join thousands of LivingWellSpendingLess.com readers in completing this life-changing challenge. You can check in on the blog, or use the hashtag #LWSLClutterFree to share your own progress on Facebook, Twitter, or Instagram. Find accountability & get support of others who have committed to becoming clutter free as well.

Start Today

The challenge begins on LivingWellSpendingLess.com this October, but you don't have to wait. Get the entire challenge now in convenient book format. A clutter free life is waiting.....are you ready to embrace it?

31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule Details

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From Reader Review 31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule for online ebook

Jackie says

Basic organizing ideas. Black and white photos of organized areas. Checklists for each day. This book has some good ideas, but if you have read other clutter related books, you won't find a lot of new information. Personally 31 days will NOT get my house organized, especially my books!!

Kate White says

Simple, straight-forward guide with plenty of ideas to help you on your way to living a clutter-free life.

Tanisha says

This book was very simplistic and overly ambitious in terms of what she expected you to accomplish in one day. It felt as though it were geared towards people who had already decluttered....declutter all of your young child's toys in one day, that certainly isn't realistic for my household, which left me feeling demoralized rather than inspired.

Erin Richards says

Not as helpful as I thought and I didn't finish it because the same info was repeated over and over and over...

Sarah Koontz says

It is time for us to tackle the clutter in our lives! We all have it, we all hate it, but most of us feel powerless to overcome it.

This book is a fantastic is a step-by-step guide for regaining control of your "Cluttered Home." This is the third book I have read by Ruth, and each one of them have empowered me to make necessary changes in my life. I also am a faithful reader of her Living Well Spending Less blog.

In this book, Ruth divides the de-cluttering process down into simple and manageable daily tasks that are truly transformative. The challenges can be completed by dedicating 30-60 minutes per day over the course of a month, or you can choose to work through the process at your own pace.

I love how she has laid out each daily challenge into four main categories:

1. Objective

2. Assignment
3. Checklist
4. Inspiration

My favorite challenges were “Day 24: Digital Data” and “Day 30: Calendar and Schedule;” those are two areas of my life that could really use some de-cluttering. I couldn't agree more when Ruth says, “The problem is not lack of space, but too much stuff.”

We live in a “have-more” society, and it is time for us to embrace the beautiful simplicity of a “have-less” lifestyle. It's time to give up ordinary in order to make room for extraordinary. This book guides us through the process of doing just that. Can't wait to see what this author comes up with next.

Ruth's book gave me all the tools and resources I needed to de-clutter my home and de-stress my life, and I will definitely be recommending it to my friends.

Ginger Woods says

I'm sorry but no.

There are so many amazing people on YouTube who have wonderful channels about decluttering and organizing etc. They are detailed and helpful, and really walk you through and give you so much great advise.

This book literally had one template. Day #, a page about the importance of WHY to keep this area clean, and then the same template repeated EVERY single day but with a variation of words here and there. She literally copy and pasted it, and just filled in something here and there. That is it. NO EFFORT.

She has a page full of photos for 'organizing idea' of what the space you are working on COULD look like after you are done. People, go to pintrest, search "organized closet" "organized kid room" "organized bathroom" etc. And you will have SO many better quality ideas, with color pictures and details!

I'm sorry but after all the hard work of those YouTubers and I'm sure other 'declutterers' who have written books, this book is a sorry excuse.

If you are new to decluttering, and I mean BRAND spankin new, you will pick up this book and possibly like it because you don't know any better.

But I am telling you, this is not the book to go to!

Annburnett says

Good book to help motivate but not as helpful as I had hoped it would be.

Kelli says

I read a fair amount on organizing, simplifying, and mindfulness. One might think I have a clutter problem but that isn't the case. I simply enjoy learning and I'd like to be more efficient...less time cleaning and more time enjoying. The fact is that with children, picking up after them is a way of life. Nonetheless, I'm always actively looking for suggestions, things that work, ways to improve the process. (To date, nothing tops Flylady.com.)

This book suggests that one can do an entire room in one day, often completely emptying it and decluttering, labeling everything (umm, no), following the checklist of how to decide if it stays or goes (a painfully obvious system: Is it broken? Do you need it?) then posting a picture for her...you guessed it!...blog. I historically don't do well with books written by bloggers. This one had black and white inspiration photos, missing words, and mistakes but the biggest issue was that the same information was repeated for every room. One checklist for decluttering (for beginners) would've accomplished it all. It would've made a great blog post.

Jennifer says

I suppose for people who live in chaos this is new information? For me, there wasn't anything I hadn't heard, or read, or practised already. The typos were annoying.

Obviously a self-published, previously blog-published collection of ideas. Read it only if you're at your wits' end with how to organize your home.

You will probably find all of this info on her blog, save your money.

Sue Eckel says

Very repetitious!

I could not get much useful info from this because the author had the same exact game plan, repeated word for word, for each room of the house! By the third room, rereading the exact same words became so boring I couldnt stand to finish the book! Sure, it may be a good plan, but we get it already! Stop!!

Jeanne says

It was OK. She saved the best for last, on day 31 the suggestions are "Stop the Flow, and Purge, purge, purge." I would have thought that would be day 1. Also, there's a lot of purchasing containers to hold the clutter. I think I don't want to buy anything, just get rid of it.

April Hughes says

Quick read

I enjoyed this practical, step by step guide on how to get rid of my junk! The daily challenges made the tasks manageable.

The Story Girl says

I don't like the idea of not finishing this book, but as other reviewers have said, the whole entire book just follows the same format and a lot of the information does seem to be copy and pasted for all 31 days, so there is actually very little information contained in the book. At first I thought my review might come off across as harsh because I compare all organizing books to Marie Kondo's, but no, after reading the reviews, I know it's not just that.

Sharon says

Written by the author of a blog - I hadn't realized that until I started reading. A very basic and repetitive "recipe" for decluttering. Didn't work for me, but I can see some people enjoying the simplicity of following the checklist at the end of each "chapter" each day for a decluttering plan. I found some things unrealistic to be finished in one day (like photographs) and could derail the whole project. Some days are fine - like a medicine cabinet can be tackled in a day successfully.

Beth says

Just reviewing many things I already knew about decluttering (a true talent in my household). Well organized with an inviting "chatty" written approach.
